

## **Southeast Region HHI Report August, 2011**

**Arkansas County:** The annual community wide back to school event was held with focus areas including nutrition, physical activity, injury prevention, tobacco cessation with over 500 attendees. Physical fitness games engaged the kids in having fun while at the event.

**Ashley County:** An injury prevention training on bike safety and helmet safety including fitting was held at the Boys and Girls Club in Crossett. Approximately 25 children between ages of 2-12 were present. They were given a bike helmet donated by Arkansas Children's Hospital and tobacco prevention messages were included in presentation. Students were given a crossroad puzzle as a "pre-test" to gauge their knowledge of road signs, hand signals, and general bike safety. Instruction sheets were given to students in which they had to identify road signs and tell what each one meant.

**Bradley County:** UAMS and Arkansas Children's Hospital spoke to the HHI coalition about Injury Prevention with Teens and graduated license and how that will help.

**Chicot County:** Women's conference on August 6 had the focus of "Why would anyone care if you smoked?" Information was shared on Act 811, Smart Reasons to be Tobacco Free.

The LHU Administrator assisted with a mini health fair at the Lake Village Developmental Center providing Blood Pressure Self Check Machines to 22 employees at the Center. Distributed information on Diabetes, HIV, Stroke, 2<sup>nd</sup> Hand Smoke, Oral Health, Injury prevention with summer injuries emphasis.

In June and July, 15 Self Check blood pressure machines were placed in stores and restaurants throughout the county. Each machine has a form to be completed and there were 439 recorded BP checks and Hypertension education and awareness for the total at the end of July.

A mini health fair for 28 IHS nurses and aides provided TB skin tests, Blood Pressure test, information was shared on diabetes, HIV, Stoke, summer injuries (Injury Prevention).

Education on STD/HIV data for Arkansas was presented to 56 youth at the Jericho Baptist Church.

The HHI coalition had a presentation on MyPlate, with the new nutrition guidelines.

**Cleveland County:** The annul Relay for Life event was held with the special Luminary event to honor cancer survivors and in memory of loved ones who did not survive. Approximately 125 people were involved this year.

**Desha County:** Back to School Carnival "Kick Off" in McGehee on the 25th. Over 200 kids, parents, teachers, and community came out for this annual event. SOS and LHU informational booths. We provided healthy "freeze pops" to all that came by our booths for information. Great community effort, probably 20 vendors, lots of physical activity for kids, much community information

**Lincoln County:** The Lincoln County Extension Homemakers sponsored their 4<sup>th</sup> Annual Senior Fair. There were approximately 25 educational booths by a variety of agencies, businesses and organizations. Lincoln County Health Unit was represented with two booths with the focus on hypertension and breast care. Approximately 190 visitors made their way around the fair for the opportunity to have B/P checks, glucose screenings and to receive educational pamphlets.

**Monroe County:** The Clarendon Senior Citizen's Center were the recipients of fresh vegetables from the community garden through the HHI coalition.

**Prairie:** Diabetes Lunch and Learn, hosted by the Prairie County HHI, had over 30 attendees. The discussion topic for this quarterly meeting was Tobacco use and the effect on Diabetes.

**St. Francis County:** The HHI Youth Committee sponsored "The Back to School Fair" held on Saturday, August 13, from 10:00 A.M. until 12:00 P.M. The event was to gear up the parents, students and community for the 2011-2012 school year. Community organizations, civic clubs, school staff and community helpers were on hand with school supplies. The Adult Subcommittee for Hometown Health offered SOS bags filled, with germ-x hand sanitizer, pencils donated from the adult literacy council, a healthy snack, calculators and notepads. Adults were given brochures and handouts about healthy snacks and food. The East Arkansas Literacy Council provided information on maintaining a household budget, and information about the Adult Literacy Programs. 250 attendees.

**STAR.Health:** The Birthing Project with the component of Sister/Friend has officially started with about 20 community Big Sisters and little sisters being matched up. A ceremony was held to explain program to all parties. The King Foundation grant funded a full time Community Health Worker (CHW) in Chicot County to start this project there. The RNP is working closing with the CHW and with the Big Sister volunteers.

## **CHNS/CHNS**

The annual Southeast Arkansas Education Service Cooperative Coordinated School (SEARK) Health Luau was held on August 2<sup>nd</sup> and 3<sup>rd</sup> this year. Lisa England, SEARK CHNS coordinated and facilitated this workshop. The workshop offers staff development opportunities for PE and Health teachers as well as other educators and wellness committee members. Participants from all over South Arkansas attend. Workshop highlights included Dr. Blair Dean, Chairperson for the Arkansas Governor's Council on Physical Fitness. Dr. Dean provided presentations on "Seven Habits of Highly Effective PE Teachers," "Taking the Dread Out of Fitness Testing," as well as innovative low cost ideas for use in increasing student physical activity and fitness. Gary Ragen, from UAMS/ACH Injury Prevention provided information regarding injuries in Arkansas, the prevention of injuries, and resources available to educators. New SE Region Health Educator, Kandra Torrence, provided My Plate training and information on resources to aid educators in teaching nutrition. Participants received plenty of resources and training aids to benefit their health related programs within the schools. Their reviews of the workshop were excellent.

Act 811 cards were sent home in all student folders in Hermitage and Hampton School Districts reaching approximately 600 students/parents.

The SEARK Cooperative was awarded 18 part-time AmeriCorps for the 2011-21012 school year. These volunteers will work volunteer in the schools covered by this educational cooperative. DHEC, Delta Health Education Center, has agreed to help with funding for the AmeriCorps working in STAR.Health Counties in the amount of \$3,100.00.

The CHNS in the Arkansas River Educational Cooperative provided school nurses training on obesity prevention, Scoliosis, ACT 811 for about 20 nurses.